



# Coordinators' Communique

## State Health Plan Prevention Partners

**June/July 2005**

Dear Prevention Partners Coordinator:

### **Spring Walk Re-Cap**

Even though this year's Spring Wellness walk was delayed for a couple of days due to the threat of rain, we still had a great time, great weather, and a great turnout! This event could not take place if not for our wonderful volunteers and all of our generous sponsors. Below is a list of all the people and sponsors we'd like to thank. Our Spring Walks aren't possible without you!

Adventure Carolina  
Carolina Café & Catering  
Chick-fil-a  
Domino's Pizza  
Earth Fare  
Fat Cat Café

Grace's  
Just Fresh  
Manhattan Bagel  
Saturn of Columbia  
Senn Brothers  
Uptown YMCA

Lynn Arnold  
Terrence Jenkins  
Shirley Schoonover

Margaret Blackhurst  
Pamela Richard

### **Preventive Worksite Regional Screenings**

For those who would like to participate in one of our regional screenings, the next two are as follows:

- |            |                                                           |               |
|------------|-----------------------------------------------------------|---------------|
| • Hampton  | B.T. DeLoach Building                                     | June 23, 2005 |
| • Florence | Francis Marion University's McLeod-Joslin Diabetes Center | July 14, 2005 |

Registration forms are available approximately six weeks prior to a screening and can be obtained from our website, [www.eip.sc.gov](http://www.eip.sc.gov) (click on "Prevention Partners" and go to "Early Detection"). For more information or to have a registration form faxed to you, contact Elliott McElveen at (803) 737-0112 or email him at [emcelveen@eip.sc.gov](mailto:emcelveen@eip.sc.gov).

### **Spring Walk Door Prize Winners**

- Elfie McDonald, DHHS - Free lunch/beverage at Grace's on Main St. in the Arcade Mall
- Mahasan Abdullah, SCESC - 2 guest passes to the YMCA
- Barbara Murray, DHHS - Gift certificate to Just Fresh at 1201 Main St.
- Moncie Li, SCDOT - 2 YMCA passes
- Annette Goodwin, SCESC - 2 YMCA guest passes
- Joe Long, Confederate Relic Room - Gift certificate to Carolina Cafe at 945 Sumter St.
- Susan Strausbaugh, 2nd Injury Fund - 2 passes to the YMCA
- LeVaris Jacobs, SCDOT - 2 YMCA passes
- Rose Dublin, SCDCA - Gift certificate to Fat Cat Cafe 1202 Sumter St.
- Rob Thompson, SCDOT - Gift certificate to Fat Cat Cafe 1202 Sumter St.
- Dorothy Johnson, SCB&CB - Gift certificate to Fat Cat Cafe 1202 Sumter St.
- Barbara Amason, SCESC -Free lunch/beverage at Grace's on Main St. in the Arcade Mall
- Suzanne Barczack, SCDCA - Adventure Carolina Canoe Trip

### **Chronic Disease Workshops**

We have two chronic disease workshops coming up in the near future. Workshops are open to all employees, their dependents and retirees. The workshops currently scheduled are as follows:

- |                |                 |           |                  |
|----------------|-----------------|-----------|------------------|
| • For Men Only | July 12, 2005   | Columbia  | 1:00 – 3:00 pm   |
| • Osteoporosis | August 17, 2005 | Rock Hill | Noon - 1:00 p.m. |

Registration forms for any of our chronic disease workshops will be available approximately one month prior to the workshop date and can be obtained from our website, [www.eip.sc.gov](http://www.eip.sc.gov) (click on “Prevention Partners” and go to “Disease Management”). For more information, contact Ramsey Makhuli at (803) 737-3823 or email him at [rmakhuli@eip.sc.gov](mailto:rmakhuli@eip.sc.gov).

### **Free Resource**

The U.S. Department of Health and Human Services in conjunction with Discovery/FitTV has created an interactive educational DVD on preventing childhood obesity. This DVD, “Max’s Magical Delivery, Fit for Kids”, is designed for kids ages 6 to 9 with the purpose of teaching young children about healthier lifestyle behaviors. To order this free DVD, simply go online to <http://gold.ahrq.gov/eorders/>.

#### **Contents of this mail-out are:**

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